What is claimed is:

1. A wireless heart rate monitor comprising:

   a main body having a top cover and a back cover adapted to be positioned on the skin of a user;

   an infrared detecting module mounted in the main body and comprising an infrared transmitter and an infrared receiver exposed through the back cover to engage the skin for detecting pulsing condition of the user and issuing a heartbeat signal;

   a radio frequency transmitter for receiving the heartbeat signal and transmitting the heartbeat signal as a radio frequency signal; and

   a radio frequency receiver for receiving and processing the radio frequency signal to provide a reading of the pulsing condition of the user.

2. The wireless heart rate monitor as claimed in Claim 1, wherein the wireless heart rate monitor is formed as a wristwatch, the main body further comprising bands extending from opposite edges of the main body user for wearing the wireless heart rate monitor on the user's wrist.

3. The wireless heart rate monitor as claimed in Claim 2 further comprising fastening means on the bands for fastening the main body on the user.

4. The wireless heart rate monitor as claimed in Claim 1 further comprising elastic strips attached to opposite edges of the main body for fastening the main body on head of the user.

5. The wireless heart rate monitor as claimed in Claim 4 further comprising fastening means on the strips for fastening the main body on the user.

6. The wireless heart rate monitor as claimed in Claim 1, wherein the radio frequency receiver comprises:

   a radio frequency receiver circuit for receiving the radio frequency signal transmitted by the radio frequency transmitter;

   a microprocessor for receiving and processing the radio frequency received by the receiver circuit and issuing a display signal; and

   a display for receiving and displaying the display signal.

7. The wireless heart rate monitor as claimed in Claim 6, wherein the radio frequency receiver further comprises a timing circuit which provides a timing signal to the microprocessor and the display whereby the wireless heart rate monitor functions as a timer as well.

8. The wireless heart rate monitor as claimed in Claim 7, wherein microprocessor comprises an algorithm for calculation calories consumed by the user based on the heartbeat signal and timing signal.

9. The wireless heart rate monitor as claimed in Claim 6, wherein the radio frequency receiver is adapted to be worn on a wrist of the user.

10. The wireless heart rate monitor as claimed in Claim 6, wherein the radio frequency receiver is adapted to be mounted on a fitness equipment.

11. The wireless heart rate monitor as claimed in Claim 6, wherein the radio frequency receiver is adapted to be mounted on an outdoor exercising device.